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HOMEMAKERS' CHAT

Saturday, October 21, 1939

(FOR BROADCAST USE ONLY)

Subject: "MORE INTERESTING BREAD." Information from the Bureau of Home Economics, United States Department of Agriculture. Publication available: "Homemade Bread, Cake and Pastry," Farmers' Bulletin No. 1775.

--ooOoo--

You may never have thought of the staff of life as a bore. But that's what bread is at many a meal; it's the most uninteresting food on the table. The standard loaf of white bread that always looks and tastes the same, meal after meal, day after day, 365 days a year -- well, it may be too monotonous to be appetizing. In fact, the continual sameness of most of the bread today is probably one reason Americans eat so much less bread than they did 20 years ago.

One way to keep bread from being a bore is to make your own. If you make your bread, you can give it extra flavor, variety, and also added food value, as you please. And many husbands in this world firmly believe that no food compares with good homemade bread.

For the sake of the lady who makes and bakes her own bread, here are some suggestions from the Bureau of Home Economics for variety in yeast bread.

To begin with, if you want light bread, you have to use some wheat flour in the mixture -- white wheat flour or whole wheat flour. Wheat is the grain to form the gluten that makes bread light. But along with the wheat flour, you can use part rye flour, or oatmeal, or soybean or lima bean flour, whichever you like. These various flours offer a good deal of variety in both flavor and food value.



Or, you can add various ingredients to your regular bread recipe to give variety. You can add cheese. You can add dried fresh fruit. Or you can add nuts, or peanut butter, or coconut, or dry skim milk. Lotsof ways to make your bread different at every baking.

Well, now for some tips about varying your homemade bread with different flours or meals.

Let's start with oatmeal bread becuase it's one of the most delicious varieties. It's a little coarser in grain than plain wheat bread. You use finely ground rolled oats combined with white bread flour. Use a third as much oatmeal as white flour. Let's say you want to make 4 loaves of oatmeal bread. Then you'll use 3 cups of oatmeal to 9 cups of wheat flour. You mix the oatmeal with the white flour and then make the bread exactly as you do white bread using milk, yeast, sugar, salt, and fat for the other ingredients.

A more familiar bread variety is rye bread. You can make bread entirely from rye, but it will be moist and heavy compared to wheat bread. So you'll get a lighter more appetizing bread if you use equal weights of rye and wheat flour.

As you know, rye bread usually comes in long, sharply pointed loaves with a rather soft crust all over the rounded top-surface. You mold the dough in loaves, and then place the loaves on a shallow pan instead of the regular bread tin. You can grease the pan or sprinkle flour or cornmeal over it to prevent the bread from sticking. To make the crust soft, rub fat lightly over the top of the loaf. Let the loaves rise in the pan until they are almost twice their bulk. Bake them in a hot oven for about half an hour. To keep the bread from baking too dry, place a pan of water in the oven during baking. If you like a glaze over your rye bread, brush the loeaves with a mixture of egg white and water as soon as they come from the oven. So much for homemade rye bread.



You can make another good bread from bean flours combined with wheat flour. Bean bread is a little heavier and darker than white bread. If you're making soybean bread, use about half as much soybean flour as wheat flour -- that is, 4 cups of soybean flour to 8 cups of wheat flour. If you're making lima bean bread, you use an even larger proportion of wheat flour -- 2 cups of lima bean flour to 8 cups of bread flour. Here again the rule is to mix the flours well at the start and then proceed exactly as you do with plain white bread.

Of course, whole-wheat bread itself offers a nice change from routine white bread. Many people prefer whole wheat bread to white because it has more flavor and more of the food values of the wheat grain.

But variety in flours is not the only way to make bread interesting. You have your choice of many ingredients that will make your bread different. A great favorite is dried fruit bread, which keeps unusually well. You can make it by adding raisins to your white bread or whole wheat bread mixture, or by adding dried figs, prunes, dates, or apricots. Put the chopped soaked fruit in along with the flour.

Another popular bread, excellent for sandwiches, is nut bread. For nut bread, add pecans, walnuts, peanuts, or hickory nuts to the first mix of your white bread dough. And add a little more sugar to the mixture.

Something very different is coconut bread. To make it, just add about a cup and a half of shredded coconut along with 6 tablespoons of sugar to your regular recipe for 4 pounds of bread.

Now a favorite bread for the children is peanut butter bread. Use 1 and a half cups of peanut-butter for 4 loaves of bread, and use a little more sugar in your recipe.

You don't need extra sugar in cheese bread. Just add grated cheese to your bread mixture. Three cups of grated cheese is about right for 4 loaves of bread.

There are a few good ways to make your bread different and delicious. If you want further directions for bread-making, write to the Department of Agriculture, Washington, D. C., for Farmers' Bulletin No. 1775 called "Homemade Bread, Cake and Pastry." This baking bulletin is free as long as the supply lasts on Department of Agriculture shelves.

